

THINGS YOU SHOULD KNOW



Kentucky
Safety & Prevention Alignment
Network
KY Safe Aging Coalition
<http://www.nofalls.org>



Here are some things that you should know in order to stay healthy and active.

Eat Your Way to Independence

Eating a balanced diet with plenty of fruits and vegetables is a proven method of staying healthy and independent.

Drink Water to Prevent Falls

Be sure to use the restroom on a regular basis to prevent the need to rush to the bathroom.

Take Care of Your Feet So You Can Stay Active

- Keep feet clean and dry
- Cut your nails
- Check for Bunions, Corns, Calluses, and Warts.
- If you have trouble bending over, use a mirror to help see your feet.

Stand Up Slowly To Prevent Light Headedness and a Possible Fall

Get up slowly when getting out of bed in the morning. Dangle your legs over the side of the bed for a few moments before standing up.

Keep Your Bones Strong

Osteoporosis is a condition that causes bones to become weak and more likely to break.

Thankfully you can keep your bones strong with these behaviors:

- Eat a balanced diet rich in calcium and vitamin D
- Get regular physical activity
- Don't smoke
- Limit alcohol use

Sensation Is Important To Your Independence

Sensation is the ability to feel things. You can prevent sensation loss by:

- Staying active
- Monitoring your diet and regulating your blood sugar
- If you experience sensation loss, notify your doctor as soon as possible.